



NO SLEEP FOR BROOKLYN

MODEL-TURNED-ACTRESS IS GETTING LOTS OF FILM GIGS, INCLUDING A LEADING ROLE IN PETER BERG'S BATTLESHIP

PAGE 11



OTTAWA

metro

®

Tuesday, May 15, 2012



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NEW TOP COP

Former Ottawa police chief and current senator Vern White, left, shakes hands with Ottawa's new chief of police, Charles Bordeleau, during a change-of-command ceremony Monday at the Shenkman Arts Centre. For more on the ceremony, see pages 4 and 5. JOE LOFARO/METRO

Full house expected at anti-bullying consultation

Want to weigh in?
You'll have to do it in writing before 5 p.m. on May 22



JESSICA SMITH
jessica.smith@metronews.ca

Ottawans must be eager to talk about bullying — all available spots for members of the public to speak about provincial anti-bullying laws at a public consultation in Ottawa are full.

Twenty-nine delegations

are signed up to speak in 15-minute intervals at a meeting of the standing committee on social policy at the Ottawa Marriott Hotel on May 22.

Numerous religious groups have signed up, as well as many individuals.

Dustin Garron, 17, a gay student at a Catholic high school in Refrew, said he plans to tell the committee he supports the Liberals' Bill 13 and that all students — gay and straight — deserve protection from bullying.

"I'm hoping as a gay student in a conservative area, they'll take (my) opin-

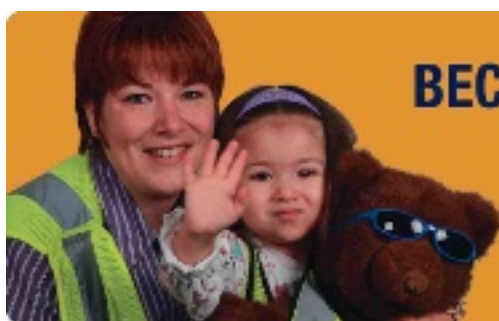
Website

For more info, go to ontla.on.ca.

ion into consideration," he said.

Garron knows a little bit about the topic — the founder of the Mental Health Project, he was bullied himself and is currently working on launching a peer-counselling support line.

MORE ON ANTI-BULLYING LEGISLATION, PAGE 3



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Protester sues cops for \$2.35M

Pre-Occupy. A year before the Occupy movement began, a man was arrested at his protest camp-out in downtown Ottawa



JESSICA SMITH
jessica.smith@metronews.ca

A man who made headlines hunger striking over being deported from Australia to Canada is suing Ottawa police for more than \$2 million.

Ziad Chebib, a Canadian citizen born in Lebanon, alleges Ottawa cops assaulted him while arresting him as he protested outside the Australian High Commission on O'Connor Street.

Chebib lived for more than 10 years in Australia before he was deported in 2010.

According to his statement of claim, he began protesting the deportation in downtown Ottawa in the spring of 2010. After several interactions with Ottawa police and RCMP officers he put up a tent and was arrested.

Chebib's statement of claim alleges cops forced him to his knees and twisted his

hands painfully behind his back and slammed his head and neck into the top of a cruiser even though Chebib offered no resistance. The statement of claim's allegations have not been proven in court.

Chebib passed out in a cell and was taken to hospital in shackles, according to the claim. He alleges that during the ambulance ride, a cop covered his mouth, making it difficult to breathe.

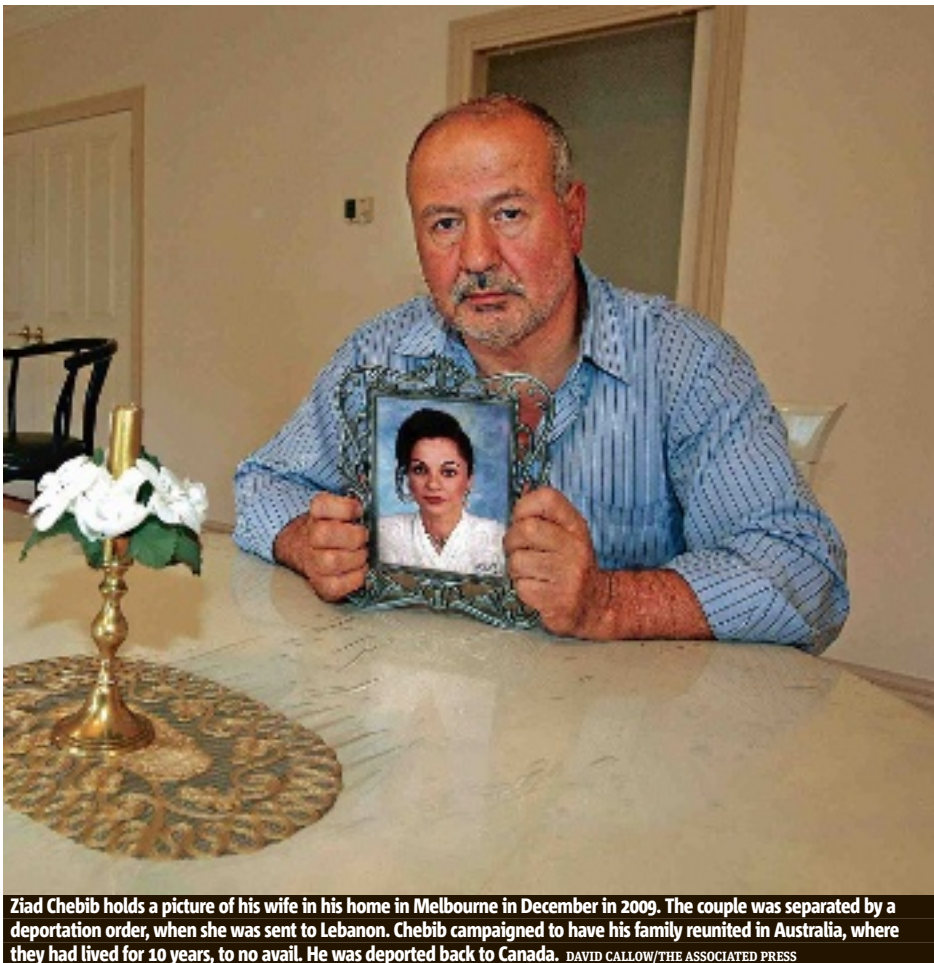
He returned to protest again the next day and was again arrested.

Chebib's lawsuit alleges he has tears to both of his rotator cuffs and stenosis in his spine due to the arrest, and can't work as a result.

He is suing three police officers, the Police Services Board and the Attorney General of Canada, which is responsible for the RCMP. He is asking for \$1 million in general damages, \$1 million for loss of income and punitive damages of \$350,000.

A spokesperson for the Ottawa police said the service does not comment on lawsuits that are before the courts.

Follow Jessica Smith on
Twitter @jessicacatherine



Ziad Chebib holds a picture of his wife in his home in Melbourne in December in 2009. The couple was separated by a deportation order, when she was sent to Lebanon. Chebib campaigned to have his family reunited in Australia, where they had lived for 10 years, to no avail. He was deported back to Canada. DAVID CALLOW/THE ASSOCIATED PRESS

Students have a right to free expression: CCLA



Noa Mendelsohn Aviv COURTESY OF
THE CANADIAN CIVIL LIBERTIES ASSOCIATION

The Canadian Civil Liberties Association says Ontario legislators working on anti-bullying legislation need to remember students have the same rights as adults.

A provincial committee working on two anti-bullying bills — one from the Progressive Conservatives and one from the Ontario Liberals — heard from members of the public at Queen's Park Monday.

"Students simply have the same fundamental constitutional rights as the people in the committee room do," said Noa Mendelsohn Aviv, a director with the CCLA.

The CCLA supports anti-bullying legislation, including a section that would force school administrators to allow students to form groups and clubs such as gay-straight alliances that support LGBTQ students or other minority groups.

The students should also be allowed to call the groups whatever they want, Aviv said.

"Unless there's a justified educational reason for students not (being allowed) to pick a particular name for their clubs, they should be able to do so," Aviv said.

She also recommended

that the bill use only a careful and narrow definition of bullying when it applies to speech, because the students have a right to voice their views in the classroom without being disciplined.

For example, "if a student, speaking from a religious viewpoint, speaks strongly, repeatedly and forcefully that they think homosexuality is wrong, that could be defined as bullying," she said.

"They need to consider the kinds of passionate educational discussions students want and may need to engage in," said Aviv. **JESSICA SMITH/METRO**

Key recommendations

- Allow students to call clubs whatever they want.
- Do not legislate mandatory suspensions.
- Define bullying so that students aren't disciplined for expressing their views.
- Include protection from bullying based on transphobia.

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NEWS

On the web

Bottom line in robotics

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Mobile news



Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

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Missing person. Police identify body of a man found in Ottawa River

Gatineau police identified the body of a man found in the Ottawa River Sunday near Kettle Island as that of Dominic Laverdure-Gosselin.

Police spokesperson Mariane Leduc said firefighters pulled the 24-year-old's body out of the river at about 4 p.m. after receiving a 911 call.

Laverdure-Gosselin was reported missing on April 1, and police found his car on the Alexandra Bridge that day at 2:15 p.m.

Police are waiting autopsy results from Montreal.

"It is very sad news," Leduc wrote in a news re-



Dominic Laverdure-Gosselin. CONTRIBUTED

lease. "Our thoughts are with the family and friends of Mr. Laverdure-Gosselin."

JOE LOFARO/METRO

Senator White to police chief

Changing of the guard. New chief wants to focus on gang, gun violence



JOE LOFARO

joe.lofaro@metronews.ca

Former Ottawa police chief Vern White officially handed over command of the force to Charles "Chuck" Bordeleau in a traditional change-of-command ceremony at the Shenkman Arts Centre on Monday afternoon.

Bordeleau has already been on the job for more than two months.

White left the force on Feb. 20 after his appointment to the Senate. According to Ottawa Police Service (OPS) custom, White passed the Tipp Staff, which represents the office of the police chief, to Bordeleau.

In a speech addressed to White, Mayor Jim Watson and other members of the

OPS, Bordeleau identified challenges that he wants to focus on as he moves forward — issues such as guns and gangs, traffic safety, and violence against women.

"Guns and gangs continues to be a concern in our community," Bordeleau told reporters after the ceremony. "And we've really stepped up our enforcement."

He added he wants women who are stuck in a cycle of domestic violence to come forward to police and for the OPS to help change driving behaviour to make streets safer.

He thanked White for his years of dedicated service and the police services board for choosing him as chief of police.

"Every day, to wake up and be the chief of police for the nation's capital is such a huge honour," he said.



Follow Joe Lofaro on Twitter @giuseppelo

Charles Bordeleau, Ottawa's new chief of police,

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Ottawa team takes CrossFit challenge

L'Usine CrossFit Ottawa stands on the podium at the Reebok CrossFit Canadian east regionals in Mississauga on Sunday. The team beat out Equipe CrossFit Laval and Lusine Montreal, which finished third. The three-day event tests the strength and physical stamina of competitors. CONTRIBUTED

Montague Township

Police launch search for missing man

Lanark OPP want help finding a Montague Township man reported missing on May 10.

Morris Ladouceur, 58, has not been seen since he left a home on Highway 15 in

Montague Township, north of Smiths Falls. He's described as a white male, five-foot-eight, 160 pounds with brown eyes and short grey-brown hair. He was last seen wearing a brown Hawaiian shirt, blue jeans, brown Hush Puppy-style shoes and a black jacket with the logo and letters TDK. Police say he has known to hitchhike and carry a Bible. Anyone who has seen Ladouceur should call the OPP at



Morris Ladouceur CONTRIBUTED

613-267-2626 or 1-888-310-1122. METRO

passes torch Bordeleau



says his priorities are tackling guns and gangs, traffic safety, and violence against women. JOE LOFARO/METRO

Fire injures at least one, shuts down parts of Kent

At least one person was injured in a multi-unit residential fire in Centretown last night.

Shortly before 7 p.m., Ottawa firefighters were called to 511 Kent St. for a two-alarm fire that was upgraded to a three-alarm fire almost an hour later.

The fire service said smoke was billowing from the back of

a two-and-a-half-storey multi-unit complex and people reportedly were trapped.

On arrival, crews found the deck and the back of the house on fire with flames visible from the roof.

Firefighters did a primary search in the basement and all floors, while outside, crews rescued a 47-year-old man who had escaped to an awn-

ing, fire service spokesman Marc Messier said, adding that the man was taken to hospital for smoke inhalation.

Hydro wires were reported down, causing safety hazards at the scene. Kent Street was closed between Flora and Catherine streets, and Arlington Street was closed between Lyon and Bank streets.

SEAN MCKIBBON/METRO

Sci-fi fest

Comiccon a hit: Organizers

Ottawa Comiccon organizers say their weekend event was so popular the comic-book and science-fiction convention will return next year in May for a third day.

"We knew there were fans in the Ottawa area but it was great to see the huge crowds and the level of engagement and excitement. Logistically, the weekend rolled out smoothly, without the feared traffic and parking problems. Thanks to all of the fans," said Comiccon president Alex La Prova. **METRO**

OC Transpo

Bus driver charged in collision

Ottawa police charged an OC Transpo driver Monday morning after a pedestrian was struck by a bus in April.

Gina Eatrides, 58, is charged under a city bylaw for allegedly failing to yield right of way to a pedestrian using an authorized pedestrian crossover. The OC Transpo bus hit a 32-year-old man near the Baseline and Woodroffe transit station. He suffered life-threatening injuries, police said. **METRO**

Tuition protests

Student demos bumping up policing costs

Gatineau police reported Monday that, as of May 4, the additional costs associated with policing student demonstrations protesting proposed tuition increases in the province had reached about \$310,000.

But that figure did not include costs related to demonstrations after that date, such as a visit by Premier Jean Charest to Gatineau, which also drew demonstrators. **METRO**

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MAY 15, 2012

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Plane-crash survivor Andreas Rasch, from Denmark, is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

Nepal. Survivors say they were thrown around, squeezed between seats and bodies before climbing out of plane to safety

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots

and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but

did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

Crash. Onlookers watched plane burst into flames

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went

down just before 7 p.m. Sunday, only minutes after takeoff from Okanagan Lake, near the community of Peachland, 25 kilometres southwest of Kelowna.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire. THE CANADIAN PRESS

Saskatchewan

Bodies from plane collision recovered

An official with the Transportation Safety Board says the bodies of five people killed in a mid-air collision over Saskatchewan have been recovered.

Peter Hildebrand says the investigation into what happened Saturday in the sky over St. Brieux, northeast of Saskatoon, is proving difficult.

THE CANADIAN PRESS

Palestinian prisoners agree to end hunger strike

Protest ends.

Agreement ends lengthy standoff that left some prisoners clinging to life

Hundreds of Palestinian prisoners agreed Monday to end a long hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest Palestinian hunger strike ever, leaving them in life-threatening condition, according to their supporters.

With the Palestinians set to hold an annual day of mourning on Tuesday, both sides

Key concessions

The Palestinians won key concessions in the deal mediated by Egyptians, including more family visits and limits to a controversial Israeli policy that can see people imprisoned for years without charge.

- In return, Israel extracted pledges by militant groups to halt violent activities, and prevented the potentially explosive scenario of prisoners dying of hunger.
- Two men launched the strike on Feb. 28, becoming the longest-ever Palestinian hunger strikers.

were eager to wrap up a deal to lower tensions.

The deal for prisoners was signed on Monday afternoon. It was brokered by Egyptian mediators.

THE ASSOCIATED PRESS



Activists demand the release of Palestinian prisoners at a protest in Paris on Monday. CHRISTOPHE ENA/AP PHOTO

Poison plot?

China denies Dalai Lama's allegations

China accused the Dalai Lama of being deceitful Monday after he reportedly alleged that Chinese agents trained Tibetan women to assassinate him by planting poison in their hair or scarves for him to touch during blessings.

The Chinese Foreign Ministry said the Tibetan spiritual leader's allegations were not worth refuting.

THE ASSOCIATED PRESS

False identity

Airport security worker arrested

A security supervisor at the Newark, New Jersey, airport has been arrested on a charge that he was using the identity of a murdered New York City man, killed 20 years ago.

Accused is Bimbo Olumuyiwa Oyewole, known to co-workers as Jerry Thomas. He faces charges including identity theft.

THE ASSOCIATED PRESS

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U.K. Restaurant owner convicted of recruiting young girls for sex work

A British jury has convicted a 44-year-old man of trying to recruit girls as young as 12 years old into prostitution.

The jury at Carlisle Crown Court also found Azad Miah guilty Monday of paying for the sexual services of two teenage girls and running a brothel from his business, the Spice of India restaurant in Carlisle, northern England.

Miah, a married father of four, had denied all of the charges and claimed he was the victim of a conspiracy between the girls after he

Sentencing

Judge Peter Hughes warned Miah he would face a "substantial" prison term when he is sentenced on Tuesday.

stopped giving them money.

He was convicted of trying to recruit four girls into prostitution and cleared of the same charges against two other girls.

THE ASSOCIATED PRESS

Secret Service scandal

Investigator won't interview prostitute

The chairman of the U.S. House homeland security committee is refusing to meet with a Colombian prostitute involved in the U.S. Secret Service scandal.

Rep. Peter King tells CNN that a meeting with the woman, identified by her lawyer as Dania Londono Suarez,

would be "a publicity stunt."

King's panel is conducting its own investigation of the incident in which several Secret Service agents consorted with prostitutes in advance of U.S. President Barack Obama's arrival for a regional summit in Colombia last month.

Asked in an interview Monday about reports the woman wants to meet with him, King replied, "There's been enough cheap publicity."

THE ASSOCIATED PRESS

Binge drinking in Britain a national 'scandal': PM



Two men walk past bins full of empty alcohol bottles in the central London area of Soho. Binge drinking has reached crisis levels in Britain, health experts say. ALASTAIR GRANT/THE ASSOCIATED PRESS

Booze. Famous for its pub culture, Britain is paying \$4.4 billion a year in alcohol-related health costs

The girls slumped in wheelchairs look barely conscious, their blond heads lolling above the plastic vomit bags tied like bibs around their necks.

It's an hour to midnight on Friday, and the two girls, who look no older than 18, are being wheeled from an ambulance to a clinic set up discreetly in a dark alley in London's Soho entertainment district.

They're the first of many to be picked up on this night by the ambulance, known as a "booze bus," and carried to the clinic — both government

No shame

At home "it's embarrassing to be drunk. Here it's kind of something you brag about."

Kaisa Toroskainen, Finnish graduate student

services dedicated to keeping drunk people out of trouble, and out of emergency rooms.

Binge drinking has reached crisis levels in Britain, health experts say, costing the cash-strapped National Health Service \$4.4 billion a year, including the cost of hospital admissions related to booze-fuelled violence and longer-term health problems. Unlike all other major health threats, liver disease is on the rise in Britain, increasing by 25 per cent in the last decade and causing a record level of deaths, according to recent government figures.

Such public displays of extreme drunkenness are inexplicable and shocking to many foreigners living in Britain, even those who hail from heavy drinking cultures.

Doctors believe rising obesity is combining with heavy drinking to fuel the spike in liver disease, which is hitting more young people than ever.

Prime Minister David Cameron has declared binge drinking a national "scandal," and the government is seeking to curb the excess by introducing a minimum price. THE ASSOCIATED PRESS

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Japanese manufacturing taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon Inc. is moving toward fully automated digital-camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly-line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. The move toward machine-only production will likely be completed in the next few years, perhaps as soon as 2015, said Misumi, although he declined to give specific dates. KOJI SASAHARA/THE ASSOCIATED PRESS

Market Minute



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Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines

are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

THE CANADIAN PRESS

Canadians confident in job security

Economic climate.

Survey suggests 75 per cent are 'extremely secure' about their jobs, but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction.

The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction was somewhat surprising given that on the question of whether

respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

"Canada hasn't been as hard hit as some other countries, but having said that, the fact that one in three are dissatisfied with their career progression clearly states that employers need to do more if they want to retain their top talent," said John Cardella, Ceridian's vice-president of human resources.

He points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago.

Overall, 31 per cent expressed dissatisfaction with their career progression.

THE CANADIAN PRESS

Greece to leave eurozone? You bet

It's getting harder and harder to bet on Greece.

No, that's not some philosophical statement on the state of the country's economy and politics. Instead, two major British oddsmakers have stopped taking wagers on whether the country will leave the eurozone.

The reason? Greece's exit has become so likely that gam-

blers weren't bothering with the paltry payoffs on offer.

"You're not going to be getting rich on a 1-to-3 payout. We've had to slash the price so much that people just weren't betting on it," said Jessica Bridge, a spokeswoman for Ladbrokes. That 1-to-3 payout means you had to fork over \$3 for every dollar in potential winnings.

When Ladbrokes first began taking bets on the likelihood of Greece ditching the euro by 2014 earlier this year, the price was 4-to-6, Bridge said.

The decision to bail on accepting Greece-related wagers came after the recent national election there, said Bridge. The election gave the balance of power to parties against

austerity measures meant to secure more bailout money for the country

William Hill, another major British oddsmaker, has also decided to stop taking bets.

If you still feel like gambling on Greece's potential exit from the 17-country Euro currency, you can — just not with a traditional bookie.

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CATS AND THEIR CURIOUS APPEAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a “cat person.” Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man’s best friend,

cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won’t leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They’re independent and effortlessly playful in a way that doesn’t scream, “Look at me! I’m trying so hard!”

Nowhere is the unintentionally comical nature of cats more

evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there’s no doubt you’ve seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet

culture conference. That’s right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

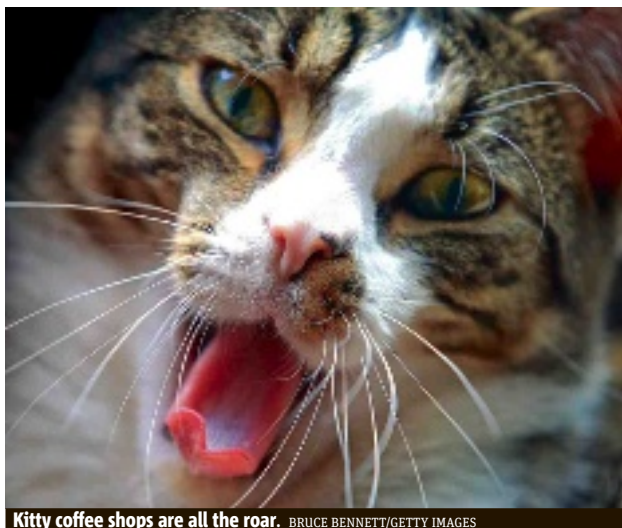
In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours’ playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you’re missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.



Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping



Aviation safety

Angry pilots tired of proposed law

Pilots say they’re literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view



“The proposals are not based on scientific evidence. Twice we

have recommended changes and twice they have rejected them.”

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)

The ECA claims the latest draft law is “insufficient to protect passenger safety and reflects the airlines’ commercial demands rather than scientific recommendations.”

Agency's view



“No one has a monopoly in science.... These proposals are based on the best practice available.”

Dominique Fouda, safety information and communications officer at the EASA

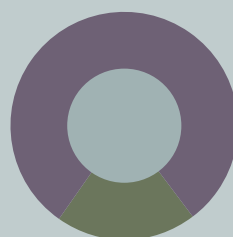
Fouda told Metro that discussions on the proposals are “still ongoing” and “two rounds of public consultation, including comments from pilot groups” have been considered for the proposed law.



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Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

80%
AGAINST: THAT'S CRAZY SAUCE!



20%
FOR: THE WORLD'S A SCARY PLACE

Twitter

@BrownKyleW:

First @bluejays game of the year tonight. Hoping for many more despite the move to Ottawa. #bringtheFisherCatstoOttawa

@DerekStrelloff:

Oh, I hope everyone starts using this term. #cdnpoli RT @Paul-Dewar: Cons are Van Loaning C-11, copyright bill.

@JimWatsonOttawa:

Here is my response to Mauril Bélanger regarding our City's Light

Rail plan. <http://t.co/S3dmyfg2> #ottawa #ottcity #LRT

@RickyBooby71:

@WilliamShatner You sir, are a gentle soul with a dry wit. Enjoyed your interactions with fans at the Ottawa Comiccon panel! All the best.

@jbelfontaine:

There are few things that make me as happy as being back in #Ottawa in the springtime.



Brooklyn Decker isn't just a pretty face — the former Sports Illustrated swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in Battleship

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

NED EHRBAR
Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy *Just Go With It*, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film *Battleship* — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like *Hancock* and *Friday Night Lights* — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a

way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"*Battleship* has a lot of different elements, and Brooklyn is a huge plot of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free *What to Expect When You're Expecting* due out this Friday.) "You know, I just want to

play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge

part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."

2

SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie *Snow White and the Huntsman* Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In *Snow White and the Huntsman* he plays a less paternal role, as the huntsman who is sent to kill the fairy-tale princess (Stewart) by the wicked queen (Theron).

THE ASSOCIATED PRESS

On the web



Fox moves *Glee* to Thursday, turns Tuesday into comedy night

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Chronicle

Director. Josh Trank

Stars. Dane DeHaan, Alex Russell, Michael B. Jordan

• • • • •

A spooky lo-fi sci-fi tale of power corrupting, in which director Josh Trank and screenwriter Max Landis display enough raw talent to suggest better things to come. Introverted Seattle teenager Andrew (Dane DeHaan) has a plan for dealing with bullying at home and school, plus the mental stress of his mother's terminal illness: he'll document it all with the absurdly large camera he's just bought. The filmmakers don't need the Blair Witch-style found-footage conceit. It's become both a crutch and an annoyance. Chronicle would still captivate without it, especially when you have a cast as strong as this one.

PETER HOWELL



Rampart

Director. Oren Moverman

Stars. Woody Harrelson, Ben Foster, Sigourney Weaver

• • • • •

LAPD Rampart division cop Dave Brown (a brilliant Woody Harrelson) has such a large chip on his shoulder, it's a wonder he can stand. From behind his aviator shades and constant smirk, Brown views the world the same way Rampart director Oren Moverman sees the urban landscape: bleached of colour and definition. Accused of being racist, Brown angrily replies: "I am not a racist... I hate all people." Brown is a chauvinist, but he lives in the same home as his two ex-wives, two sisters whom he's fathered children with. He's a tragic figure, almost Shakespearean in his inability to see the morass he's fallen into, which gets deeper by the minute.

PETER HOWELL

Van Winkle keeps his remarks on 'ice' on Canada Sings

Season two premiere. Judges face tough decisions in amateur singing competition for charity

IAN GORMELY
scene@metronews.ca

Season two of Canada Sings, where teams of everyday Canadians compete for a chance to win \$25,000 for their favourite charities, premieres tonight. Judges Vanilla Ice (aka Rob Van Winkle) and new addition and former Lady Gaga choreographer Laurieann Gibson recently sat down with Metro to chat about the new season.

What made you want to return for a second season?

Van Winkle: I came back because season one was magical.

But the charity is a big part

of why I'm here in the first place. I was pumped that they called me for season two.

What drew you in, Laurieann?

Gibson: When you do this in real life, like I creative-direct, you do one reality show and you become really cautious about that line, that reality line.

But when I found out what the show was about, I was like, "Wow, how incredible."

This being an amateur competition for charity, do you find it difficult to make judging decisions?

Van Winkle: It makes our job hard. I'd much rather be on a Simon Cowell show where it's like, "Well, that sucked." On season one, I didn't get it. For the first couple of shows, you have to get in there, marinate and figure it out.

Gibson: [The competitors] want to know that they did the best that they could do,

and that an expert was like, "Oh my goodness, that felt like a Grammy performance." It's so empowering.

So as judges, you do have to pull your punches a bit.

Van Winkle: We hold back, but deliberations, which they filmed this year, nobody else is supposed to hear that. We hope they didn't throw us under the bus too bad. We know they're not professionals. We could critique the heck out of them and point out the

flaws. But we're here to see the journey these people went on to come out of the work environment to put on a great show for a good cause.

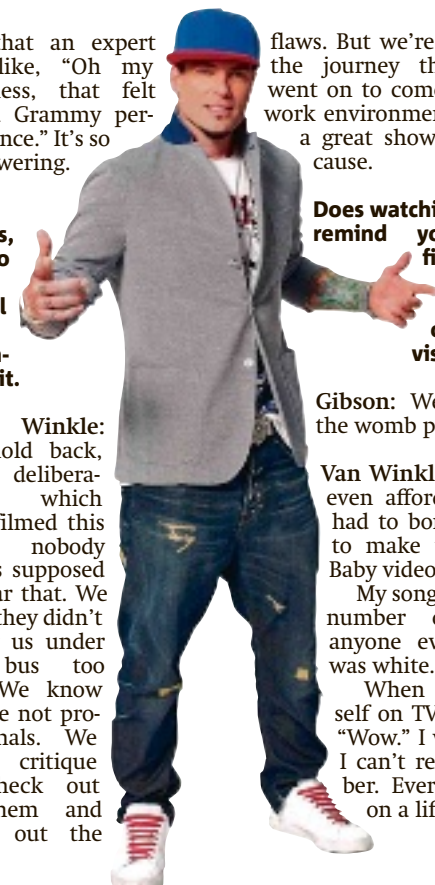
Does watching them remind you of your first time performing on television?

Gibson: We came out the womb performing!

Van Winkle: I couldn't even afford a video. I had to borrow money to make the Ice, Ice Baby video.

My song was already number one before anyone even knew I was white.

When I saw myself on TV, I was like, "Wow." I was only 16. I can't really remember. Everything took on a life of its own.



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Edwin Boyd: When art imitates life

Method acting. Star of bank heist film says the actors had a similar relationship to the real-life characters that they played

RICHARD CROUSE
scene@metronews.ca

On the set of Edwin Boyd: Citizen Gangster, art imitated life.

The story of legendary Canadian bank robbers Edwin Boyd and Lenny Jackson is ripe with daring stick-ups, jailbreaks and gunfights, but despite a criminal partnership that made both men household names, they weren't close.

"On a personal level, I don't think there was a whole lot of love there," says Kevin Durand, who plays Jackson in the film.

"They dealt with things in a different way. Lenny and Edwin had very different ways of approaching their job."

Durand and co-star Scott Speedman, who plays Boyd, manifested that aloofness to create their characters on the Sault Ste. Marie set.

"We definitely had respect



Kevin Durand left, says that he and co-star Scott Speedman had a relationship similar to their characters. HANDOUT

for one another and we liked each other but we didn't go out of our way to hang out together," Durand says.

"It was interesting in the way it panned out because I ended up spending a lot of time with Val and Wille (Joseph

Cross and Brendan Fletcher). Those were my guys and we literally became the gang. It was incredible because we were holed up in the north in the cold, in our little hotel rooms and we became this little tribe of ... I want to say thieves but we

didn't go thieving — but it felt very real."

The story may have come to life for Durand on set, but he was unaware of the Boyd Gang's exploits before he read the script. "I was really taken aback at how famous they were

to another generation," he says. "My Uncle Tom filled me in at a discussion at a family dinner. He knew all about it and was really excited about me playing Lenny."

His uncle vividly remembered the gang's early-1950s

Quoted

"The thing about these guys, like most bad guys, is that they are human and they are a product of their environment and their time. You see them in the movie with their loved ones and you see the poetry of their lives."

Actor Kevin Durand, who plays Lenny Jackson in Edwin Boyd: Citizen Gangster

heyday. "My uncle said, 'My God, we were so terrified. I remember hiding in my bedroom hoping that the Boyd Gang wasn't going to come in my window and rob me and kill me.'"

Lenny and Edwin may have been bad guys, but that's not exactly how Durand sees them.

"The thing about these guys, like most bad guys, is that they are human and they are a product of their environment and their time," he says. "You see them in the movie with their loved ones and you see the poetry of their lives."



Genesis Rodriguez thought she blew her audition for Casa de mi Padre, but ended up getting the part. HANDOUT

Genesis Rodriguez brings her best poker face to Ferrell comedy

Casa de mi Padre. Telenovela actress uses her experience in campy soap operas to great comedic success opposite Will Ferrell

NED EHRBAR
Metro World News in Hollywood

After years in the telenovela world, Genesis Rodriguez took the leap to feature films this year with January's Man on a Ledge and now Casa de mi Padre, the Will Ferrell-led Spanish-language melodramatic comedy.

Needless to say, her TV background came in handy. And being new to movies also means being new to promoting them. "This is my second junket," Rodriguez admits. "I feel like I'm loosening up a little bit. Maybe too much."

How did they find you for this film?

I kind of was chasing them

down, you know? I didn't really think I had a shot because I'm an unknown in this town, and when you're an unknown, it's kind of hard to land the role of a leading lady. So I really didn't expect anything.

All I knew what to do was what I knew what to do — telenovela. I said, "This is all I know how to do for this part, so I'm going to go for it." And I did.

And then Will started laughing hysterically, and he couldn't even say his lines back to me. And the director and everyone — I didn't know literally if they were laughing at me or with me, so it was very embarrassing. I walked out thinking I just blew it tremendously. I thought I did a horrible job. I later found out that I did pretty good.

How long did you go on thinking you'd blown the audition?

For about a week and a half, we didn't get any response. Usually they say, like, "Oh, Gen, you're in the mix," and that means they like you,

maybe. And I didn't get any of that.

I try not to take it personally. I've gotten rejected in this town quite a bit. So, "OK, you blew it. Next?"

It must be a pretty tough job keeping a straight face with so much ridiculousness going on.

So much ridiculousness! And my job is to act normal and act as serious as possible. I didn't want to be the jerk that Will hired that every single time something ridiculous happened, I would crack. I needed to bring my game up, and I just literally thought of the most random things while I was looking at him just to keep a straight face.

I also played around with the fact that I was an actress in a bad western. So I kind of played up that part in some scenes. It's kind of fun that you have the freedom to play around and to try new things. Because [director] Matt [Piedmont] knew exactly what he wanted, and we didn't, so we got to play.

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Adele

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tour-

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

ist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."



Jessica Simpson

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is in-

sanelly beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hit me baby: Britney joins X Factor



THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering

Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter: "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.



Drew Barrymore ALL PHOTOS GETTY IMAGES

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, ac-

cording to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.



John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four

to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "(Lawyers for both sides) are working on the ground rules for the evidence and procedure about how the mediation will proceed," a source says.

Twitter



@ElizabethBanks

It's fine to have a nutter butter for breakfast if it's from bouchon bakery, right?



@SimonCowell

As the moon is so close to the earth I think it's making a few people go nuts. Good news is it's not close for long - my thought for the day



@lindsaylohan

sorry! doing a bunch of things on the internet at once!!! xo



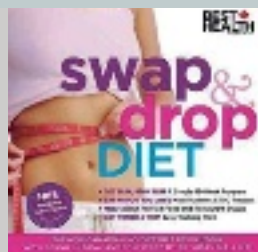
@ConanOBrien

I'm just like the Hulk, except when I'm mad, I get dry mouth.



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Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps can really add up over time to weight loss (it also includes a section on how to make healthy choices at fast-food and restaurant chains, a weekly meal planner and a ton of healthy recipes), we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease. The easiest way to reach that 10,000 number and beyond is to wear a pedometer, at least until you get some perspective on what it takes to reach this goal (pedometers can be found at sporting goods stores, fitness stores and some drug stores; they range from inexpensive to pricey). Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

If you have any health concerns, be sure to speak with your doctor first to ensure it's safe for you. The Swap & Drop Diet book not only has a step-by-step, easy 12-week plan you can follow, it is full of ideas for how to add more steps, too.

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The 'OMG Diet': fact vs. fiction

Mythbusting a new diet. In his bestselling e-book, *Six Weeks to OMG*, sports scientist Venice Fulton promises to get you 'skinnier than all your friends.' We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, *Six Weeks to OMG* promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.



Skip breakfast

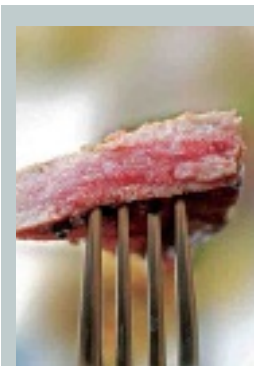
Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton. "If you sit at your desk and not moving, this fat won't be used and will just float around until it is eventually deposited in the arteries."

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite. As a diuretic, coffee will also cause you to lose water weight.



Focus on satiety

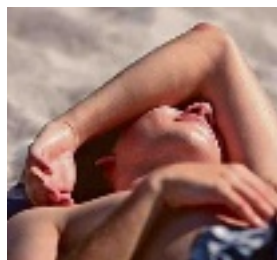
We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half of your plate, vegetables the other half. Just don't restrict yourself. "The minute you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "We all vary in our genetic needs but it's best to allow your body to wake up naturally. Deep sleep allows the thyroid to reset itself properly and get back into full speed once you wake. When your thyroid is high, your metabolism is on turbo boost."

What the doctor says: Yes! Sleep also helps keep stress hormones down: they are released from the adrenal glands.



Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to

protect the core organs," says Fulton.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.



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www.rideaudental.ca

THIS WEEK: So...What Exactly Is Plaque Anyway?



3 LIFE

New website

Scoliosis Resource Centre

The Hospital for Sick Children – with the help of nurses, physicians, parents and teens – has developed the Scoliosis Resource Centre, a website for people diagnosed with scoliosis, a curvature of the spine that can lead to pain, cosmetic concerns and further health complications.

"The Scoliosis Resource Centre was based on extensive interviews with teens and families to determine exactly what information they needed to make important decisions about scoliosis surgery," said Dr. James Wright, surgeon-in-chief at Sick-Kids.

The site provides accurate and Canadian-based information about: what to expect before, during and after scoliosis spinal fusion surgery, coping with emotions, personal video stories, before-and-after back photos, step-by-step description of the surgery and an animation of the surgical procedure. The information for the site was compiled through the help of physicians, nurses, parents and teens. To learn more about scoliosis surgery, visit www.aboutkidshealth.ca/scoliosis.

On the web



**Blue Jays starter
Brandon Morrow and
country singer George
Canyon urge diabetic
kids to chase dreams.**

A lunchtime spot grounded in plenty of tasty options



Rigatoni with Aribiatta sauce, mushrooms, Italian sausage and meatball (\$12). SHARI GOODMAN



LUNCH RUSH
Shari Goodman
life@metronews.ca

At Grounded Kitchen, the food is displayed like a buffet in front of the open kitchen. Take a peek, order and then sit

down to wait for your food to be delivered.

A waiter dressed in a mechanic-style jumpsuit delivers the food to your table. Chain link and rope dangle from the ceiling as decoration.

My friend chose a plate filled with five different salads, and not just of the mayo-based

variety. Along with the lunch special, also on the menu are a variety of panini including pesto chicken, club or Mediterranean chicken.

Having just had panini the week before, I chose the pasta lunch special of rigatoni with Aribiatta sauce, mushrooms, Italian sausage and a meatball.

The meatball was fist-sized. The combined aroma of garlic, tomato and Parmesan made my mouth water. Although the meal was tasty, it needed to be hotter — not spicier, but hotter. The bread on the side was chewy, like a good sour-dough should be.

Grounded Kitchen is a busy place, grounded in good bites.

Visiting the restaurant

Grounded Kitchen

Address. 100 Gloucester St.

Phone. 613-567-1234

Rating. 4.5/5

Price range. \$

Reservations. Yes

Business Lunch. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Peanut Butter & Honey Power Sticks. Great for breakfast on the run



Looking for a quick breakfast? Here is a no-bake option you can keep to bring with you when you are on the run.

1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parchment paper. Store in an airtight container. **THE CANADIAN PRESS/WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONO-**

MIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey

Farro Salad with Grilled Italian Sausage. Warm side dish offers protein



1. Bring 1 L (4 cups) of salted water to boil. Add farro; cook 15 mins. or until grains are plumped and chewy. Drain and set aside.

2. Meanwhile, heat grill pan to medium-high. Add sausages and cook 10 mins., turning occasionally until browned on all sides. Cut into bite-sized pieces; set aside.

3. In bowl, whisk olive oil, lemon juice and pepper to taste. Mix in feta cheese. Add farro to bowl and mix well. Set aside for 5 minutes to cool slightly.

4. Stir in tomatoes, cucumber, green onions and oregano. Add sliced sausages and sprinkle with almonds to serve.

THE ASSOCIATED PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 250 ml (1 cup) pearled farro
- 4 sweet Italian sausages
- 50 ml (1/4 cup) olive oil
- 45 ml (3 tbsp) lemon juice
- Freshly ground black pepper
- 250 ml (1 cup) crumbled Feta cheese
- 6 plum tomatoes, diced
- 1 cucumber, peeled, seeded and chopped
- 2 green onions, diced
- 15 ml (1 tbsp) chopped fresh oregano
- 15 to 30 ml (1 to 2 tbsp) toasted sliced almonds

Farro & Mushroom Stuffed Acorn Squash: Savoury combo

The key to ensuring that dinner is both substantial and healthy? Fibre.

Adding plenty of whole grains and vegetables not only provides piles of nutrients, it also fills you up and keeps you full long after the meal is finished. As well, these foods tend to be lower in calories, which means you can load up without getting weighed down.

This one-dish meal is rich in savoury flavours thanks to a blend of mushrooms and cheese, as well as plenty of fibre from the farro.

The flavours of the stuffing combine with the sweetness of acorn squash and fresh, bright citrus and herbs to create a meal that will feel less like you're leaving something out and more like you're indulging in something hearty.

1. Cut acorn squash into quarters. Scoop out and discard seeds. Trim off slice of skin from the curved side of each quarter to allow it to sit flat.

2. Spray a 23-cm-by-23-cm (9-by-9-inch) baking dish with cooking spray and arrange squash in pan, skin side down. Bake in preheated 190 C (375 F) oven for 30 to 40 minutes or until just softened.



This recipe serves four. THE CANADIAN PRESS

3. Meanwhile, in large pot of boiling salted water, cook farro for about 15 minutes or until tender but still al dente. Drain and set aside.

4. Heat a large non-stick skillet over medium-high heat.

Add mushrooms, salt and pepper and cook for 10 minutes or until well browned. Add garlic, shallots, spinach, orange rind, thyme and oregano and cook for 3 minutes. Stir in drained farro.

Ingredients

- 1 large acorn squash (about 750 g / 1 1/2 lb)
- 125 ml (1/2 cup) farro
- 250 g (8 oz) mixed mushrooms, chopped
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 2 cloves garlic, minced
- 2 shallots, chopped
- 500 ml (2 cups) baby spinach
- 2 ml (1/2 tsp) grated orange rind
- 15 ml (1 tbsp) chopped fresh thyme
- 5 ml (1 tsp) chopped fresh oregano
- 30 ml (2 tbsp) crumbled feta cheese
- 4 lemon wedges

5. When squash is ready, spoon stuffing into centre of each quarter. Sprinkle feta cheese over stuffing and bake for another 20 minutes or until squash is tender when pierced with the tip of a knife. Serve each squash quarter with a wedge of lemon.

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Advice

When nature calls, don't answer



CHARLES THE BUTLER
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For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse your-

self from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but



You should only go to the restroom before, or after, your meal. iStock

also to understand the reason it exists. So here are the

five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a

toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Tweeting is equivalent to sex: Study

Social media.

Research shows that people who talk about themselves have similar brain reactions to those who engaged in eating or sex

MICHELLE CASTILLO

Metro World News

Earlier this month Kanye West's fans learned which clothing styles he hated — whether they cared or not. With each 140-characters-or-less statement, the award-winning rapper and questionable fashionista shared his opinions on the outfits he saw around New York.

"I hate button-up shirts with hoodies," West tweeted. "I hate hoodies with sports coats," he added. "I hate sports coats with button-up shirts, jeans and dress shoes," he stated.

This isn't the first time West has let people know exactly what he was thinking, including the day when he provided, in excruciating detail, his decision to buy a bike. West's and



Go ahead, boast about yourself. iStock

other celebrities' propensity to share intimate details of their personal lives online might be rooted in science.

A new study in the Proceedings of the National Academy of Sciences (PNAS) shows that people who talk about themselves had similar brain reactions to those who engaged in eating or sex. People were even willing to give up money

in order to keep talking about themselves.

In other words: Boasting about our everyday lives gives us as much pleasure as doing "primary awards" or basic needs activities.

We all need feedback

"The thousands and thousands of responses, the degree of intensity to that person, it must

be very confirming of their importance. It pushes people to want to get that kind of feedback and notoriety," Dr. Phil Muskin, chief of consultation-liaison psychiatry at Columbia Psychiatry in New York, told Metro World News.

Dr. David Rubin, a psychiatrist at NY-Presbyterian/Weill Cornell & Columbia believes it's not just a new-media prob-

lem that makes it seem that celebrities — and many of us — share too much of themselves online. Even in our day-to-day lives we are aware of people who overshare information about themselves. Twitter, Facebook and blogs are simply a new medium to do it in — and it's much easier since you don't have to do it face-to-face. According to the PNAS study, four

out of five postings on social media sites are about a person's immediate experiences.

Freedom from restraint

"It gives people freedom from the restraints of social etiquette, professionalism and the freedom from reactions, letting them divulge more, Rubin said.

"(Fans) can play the role of the friend... People are gathered together to read the mundane aspects of one of their 'friend's' lives. It takes it up a notch and creates some pseudo-connection," Rubin explained.

It also helps that by simply tweeting a statement, there's no immediate negative feedback. That doesn't mean one doesn't eventually have to face consequences. But, because there's no instantaneous chastisement for posting something that isn't politically correct, so the poster feels like anything they feel like saying they should say, Muskin commented.

So, celebrities who tweet about themselves — and your friends who unnecessarily detail every moment of their lives on Facebook — don't necessarily have big egos: They may just enjoy the simple pleasures of life much more than most of us.

Dealing with your moody teenager

T. MICHELLE MURPHY

Metro New York

Teenage years are often the hardest to get through — not just for adolescents, but for their parents as well.

The transitional years between ages 13 and 19 bring an onslaught of internal and external conflict — ranging from pressure at school to hormonal changes. Young adults might shut down or even act out when they're trying to cope.

Dr. Gregory L. Jantz, founder of The Center for Counseling and Health Resources, recently published *When Your Teenager Becomes the*

Stranger in Your House. We asked him to tell us more about what teenagers are going through, how parents can detect early warning signs and how to ease this difficult period for the whole family.

It seems like all teenagers are excessively moody. Why is that?

One of the things is the technology issue. We're finding an interesting trend with how young people are consumed with technology, as far as text messaging and screen time.

There reaches a point where the brain is oversaturated and overstimulated, and we end up creating a

Quote

"Let teens have their emotions, and don't rescue them. You're the parent, not the friend. If we're helicopter parents, they're not going to learn to deal with the three (adult) emotions of anger, fear and guilt." Dr. Gregory L. Jantz

depressed brain with over-anxiousness. About 20 per cent of our teenagers (in the U.S.) are clinically depressed. That's different than moodiness.

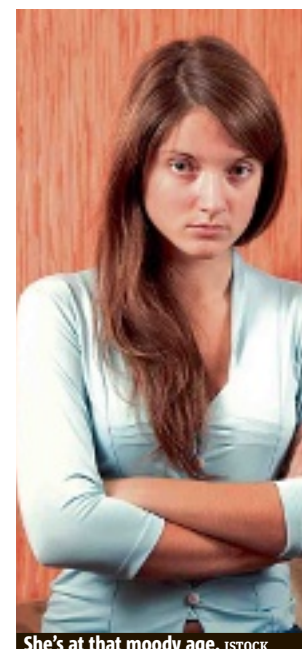
You talk about girls and boys separately — how are their experiences different? There are gender differences

(as far as) what's going on in the brain. A boy handles depression and moodiness differently than females. Of course, testosterone is an aggression chemical, so boys may be acting out more in a physical sense. Girls who have unresolved depression ... the more the intensity, the more inward they become.

And with girls, we're seeing this at earlier and earlier ages.

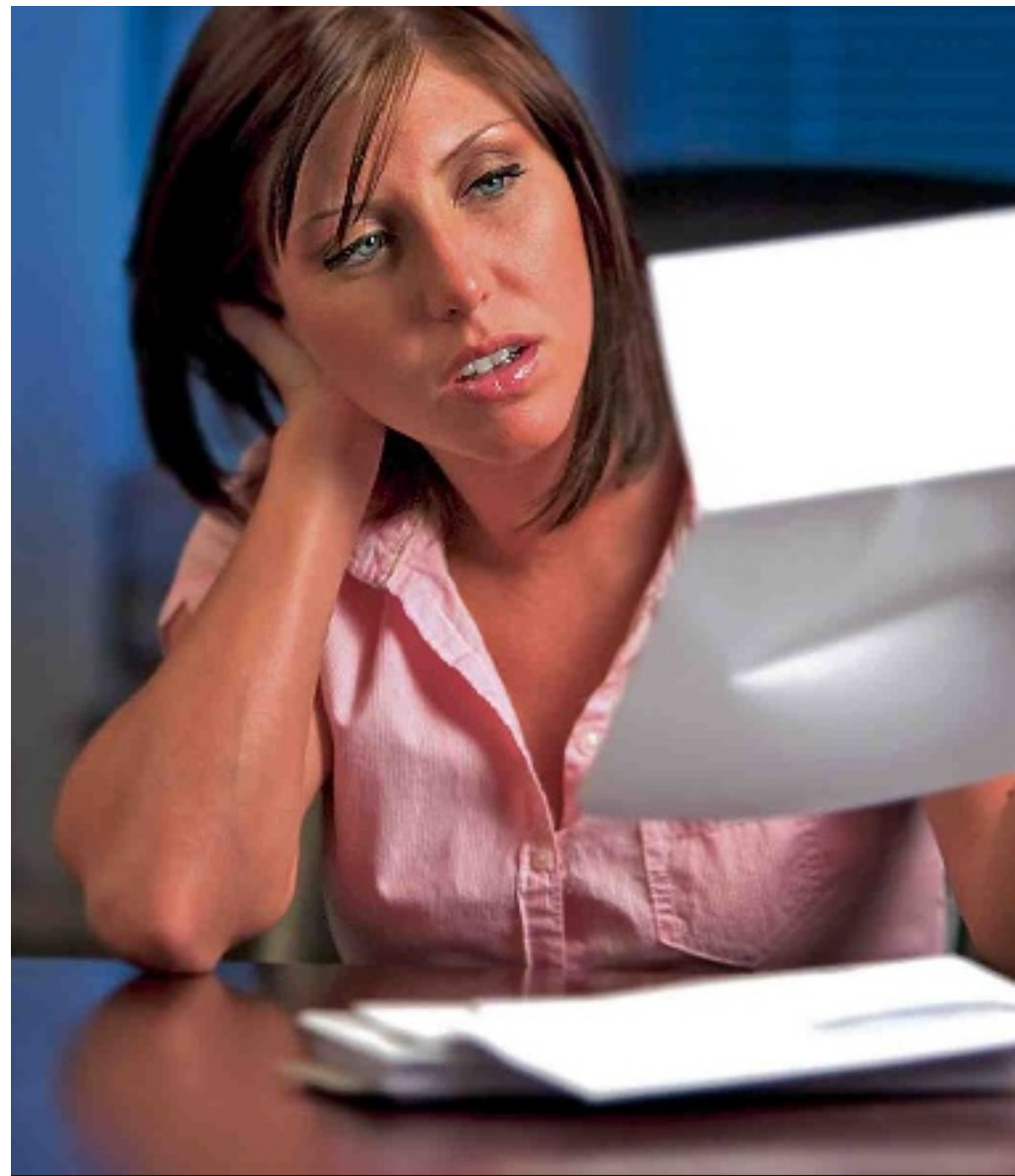
How can parents communicate when teens are working so hard to shut them out?

There are three things they need from us: They need to feel accepted, understood and affirmed by us. I think oftentimes we can get very judgmental — and remember, they're hypersensitive to anything critical. (They need) to know they have value. This doesn't mean you agree with everything they say. Too often we want to fix things quickly, but we should be sure that we're listening first.



She's at that moody age. iStock

Pay down your mortgage.



'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

House hunting

Home-buying pressure won't always result in diamonds



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one'?

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't

found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea. A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location. Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, ac-

cess to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility. Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price. Be realistic. Does your desired square footage, in a hot location, translate into a \$2-million home when you can only afford \$500,000? Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition. A proper home

Owning your home
shouldn't come at the
expense of living.

Life adds up.
Your finances
should too.

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A look at the pitfalls of financial infidelity

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters



YOUR MONEY
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no-good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

and you run, run, run/I'm gonna hunt ya down and you'll be done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book *Innocent Spouse*, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed \$3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- 28%. Check with their spouse on every single purchase
- 6%. Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

of financial infidelity, here are a few basic rules to follow:

1. Each person should have some 'fun money' completely separate from the household accounts.
2. Even after making a stupid purchase, reveal the true price to your partner.
3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.
4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.
5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com).

inspection can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result in unforeseen expenses and can decrease the value of the home, so steer clear. If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best. Stick to your criteria and find something that's just right for you.



Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

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4

SPORTS

On the web

Rangers-Devils rivalry revs up in Game 1

Eighteen years after the New York Rangers beat the New Jersey Devils en route to their first Stanley Cup since 1940, the rivals meet again in the East final. Go to metronews.ca/sports for Game 1 coverage.

Mobile news



After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

Searching for ways to knock Kings off pedestal



The Kings celebrate Anze Kopitar's goal as Phoenix's Oliver Ekman-Larsson skates past on Sunday in Glendale, Ariz. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

NHL. Phoenix tries to adjust tactics ahead of Game 2

The Phoenix Coyotes survived stretches of playing on their heels in the playoffs' first two rounds, absorbing everything the opponent threw at them before counterpunching with a winning goal.

Against the Los Angeles Kings, they quickly learned that method won't work.

More skilled and equally tenacious as Phoenix, the Kings hit the Coyotes hard and kept coming in Game 1 of the Western Conference final, rolling to a 4-2 win Sunday night.

With Game 2 Tuesday night

in the desert, the Coyotes have a short turnaround to figure out a way to stop this Los Angeles juggernaut or it could end up being a short series.

"We know we need to be better," Coyotes forward Boyd Gordon said Monday after practice. "They're a very good team, they work hard, they compete and they battle. If we come out like we did in Game 1, we'll be in big trouble."

The Kings have been doing this all playoffs.

The West's last team to get in, Los Angeles has arguably been the NHL's best team in the playoffs, its combination of grit, skill and superb goaltending overwhelming opponents.

More than the technical adjustments, the Coyotes need a change in attitude, to get back to their grinding ways.

A team without any true stars, Phoenix relies on a lunch-pail approach, getting to the loose pucks first, winning individual battles all over the ice.

The Coyotes didn't do that against Los Angeles in Game 1.

THE ASSOCIATED PRESS

Quoted

"We know how we play and don't worry about the matchups."

Kings centre Jarret Stoll

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with

Quoted



"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissible videotaped evidence.

McNamee recalled how he met Clemens when McNamee

was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncom-

fortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

Cycling

Canada's Ryder still on top in Italy

Canada's Ryder Hesjedal remains the man to beat at the Giro d'Italia.

The Victoria cyclist was seventh in Monday's stage to hold onto the pink leader's jersey, avoiding a crash on the final turn that took out several of the top contenders.

"Another perfect day by the team," Hesjedal said. "We took control in the approach to the last hills and I was able to benefit from perfect position."

THE ASSOCIATED PRESS

NBA



"This season has to be extended for me to play again."

So that's what's on my mind."

Miami Heat forward Chris Bosh. An MRI on Monday confirmed Bosh strained a lower abdominal muscle in Miami's Game 1 victory. The team said there's no firm timetable for Bosh's return.

NBA

Cavs' Irving takes top-rookie trophy

Cleveland Cavaliers point guard Kyrie Irving, as has been expected for months, will be presented with the rookie of the year award on Tuesday, capping a season that he started as the No. 1 overall pick and finished as the NBA's clear-cut top rookie. THE ASSOCIATED PRESS



Kyrie Irving GETTY IMAGES FILE

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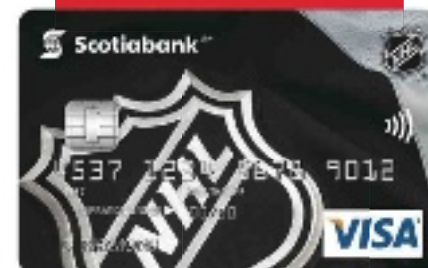
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³ Visit www.myscotiahockeyrewards.com for complete details. ScotiaHockey Rewards points are not awarded for cash advances, Scotia® VISA cheques, balance transfers from other cards or loans, VISA payments, credit vouchers, returns, annual card fees, interest charges or service/transaction charges.

⁴ ScotiaHockey Rewards points are calculated on card purchases, less returns ("Net Purchases"). Offer valid between March 26, 2012 and September 30, 2012. Offer may be withdrawn at any time without notice.

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<http://ottawa.kijiji.ca/c-PostersOtherAds-WoQQUseridZ55417236> or

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Crossword

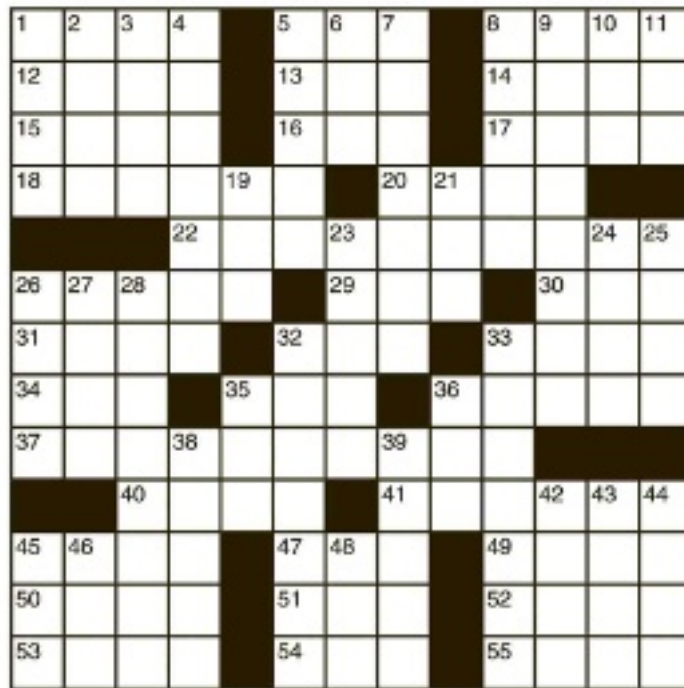
Across

- 1 Fem. counterpart
- 5 Seek damages
- 8 Layer of paint
- 12 List-ending abbr.
- 13 Mess up
- 14 Luau dance
- 15 Zilch
- 16 Compete
- 17 Particular
- 18 Latest news
- 20 Chastity's mom
- 22 1980 Jane Fonda movie
- 26 Collect
- 29 Morning moisture
- 30 Martini ingredient
- 31 Existed
- 32 Spanish literary hero
- 33 Oberlin locale
- 34 Sodom evacuee
- 35 Nosh
- 36 Before
- 37 1984 Goldie Hawn movie
- 40 Metric syllable
- 41 Rough
- 45 Vivacity
- 47 Mainlander's memento
- 49 Disturb
- 50 Poolroom prop
- 51 Moray, for one
- 52 Tittle
- 53 "Planet of the —"

- 54 Firmament
- 55 Portent

Down

- 1 Carte
- 2 Covering
- 3 Hourglass fill
- 4 Wash
- 5 Twilight time, maybe
- 6 Swiss canton
- 7 Put up
- 8 Leader
- 9 Completely
- 10 Pub order
- 11 Highlander's chapeau
- 19 "— the season ..."
- 21 Explanation
- 23 Mrs. Archie Bunker
- 24 Henry —
- 25 Carbon compound
- 26 Piercing tools
- 27 Cat call
- 28 Ruse
- 32 Rooks
- 33 Erie neighbor
- 35 Swelled head
- 36 Venusian vessel
- 38 Crannies
- 39 With aloofness
- 42 Leeway
- 43 Location
- 44 Verve



- 45 Support system?
- 46 Eminem's genre
- 48 "A mouse!"

Yesterday's Crossword



Cryptoquip

How to play

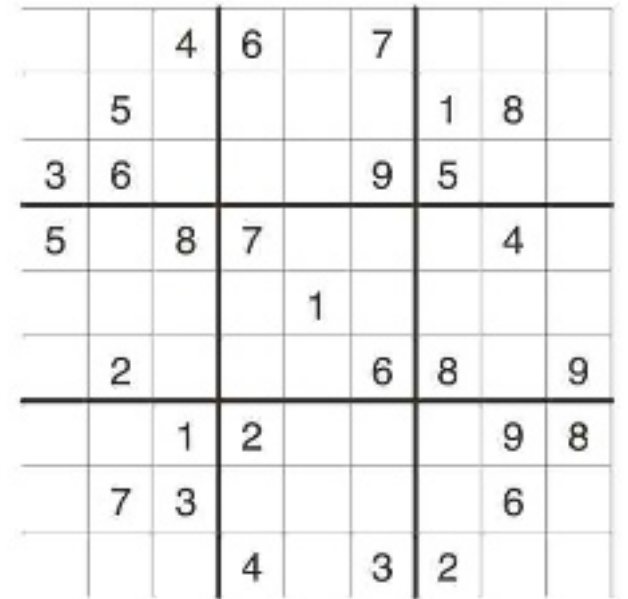
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ
XZBLN XGOVGAP LABLXZTLN,
TLZTXL ZMRLA XGVL RZ
QWXX FGD W NLWXGAP MWA.
Yesterday's Cryptoquip: IF A FEMALE
MONARCH WERE A FAN OF LOW-QUALITY BEDS,
SHE COULD BE CALLED MARY, QUEEN OF COTS.
Today's Cryptoquip Clue: X equals L



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 5 | 8 | 4 | 6 | 2 | 9 | 3 |
| 2 | 8 | 6 | 7 | 9 | 3 | 1 | 5 | 4 |
| 4 | 3 | 9 | 1 | 5 | 2 | 7 | 6 | 8 |
| 3 | 5 | 7 | 6 | 8 | 9 | 4 | 2 | 1 |
| 1 | 4 | 2 | 3 | 7 | 6 | 6 | 8 | 9 |
| 9 | 6 | 8 | 2 | 1 | 4 | 5 | 3 | 7 |
| 5 | 7 | 1 | 8 | 2 | 8 | 3 | 4 | 6 |
| 8 | 2 | 3 | 4 | 6 | 7 | 9 | 1 | 5 |
| 6 | 9 | 4 | 5 | 5 | 1 | 8 | 7 | 2 |

Horoscope

Aries | March 21 - April 20.

The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21.

You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20.

You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going

wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22.

You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21. Where money and business affairs are concerned you must be cautious, because you could easily be tricked

into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21.

Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan 20.

Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb 18.

Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20.

What you think is a problem is not really a problem at all.

SALLY BROMPTON



Caption Contest

"Birds without feather, also flock together."

Virender

MATT ROURKE/THE ASSOCIATED PRESS

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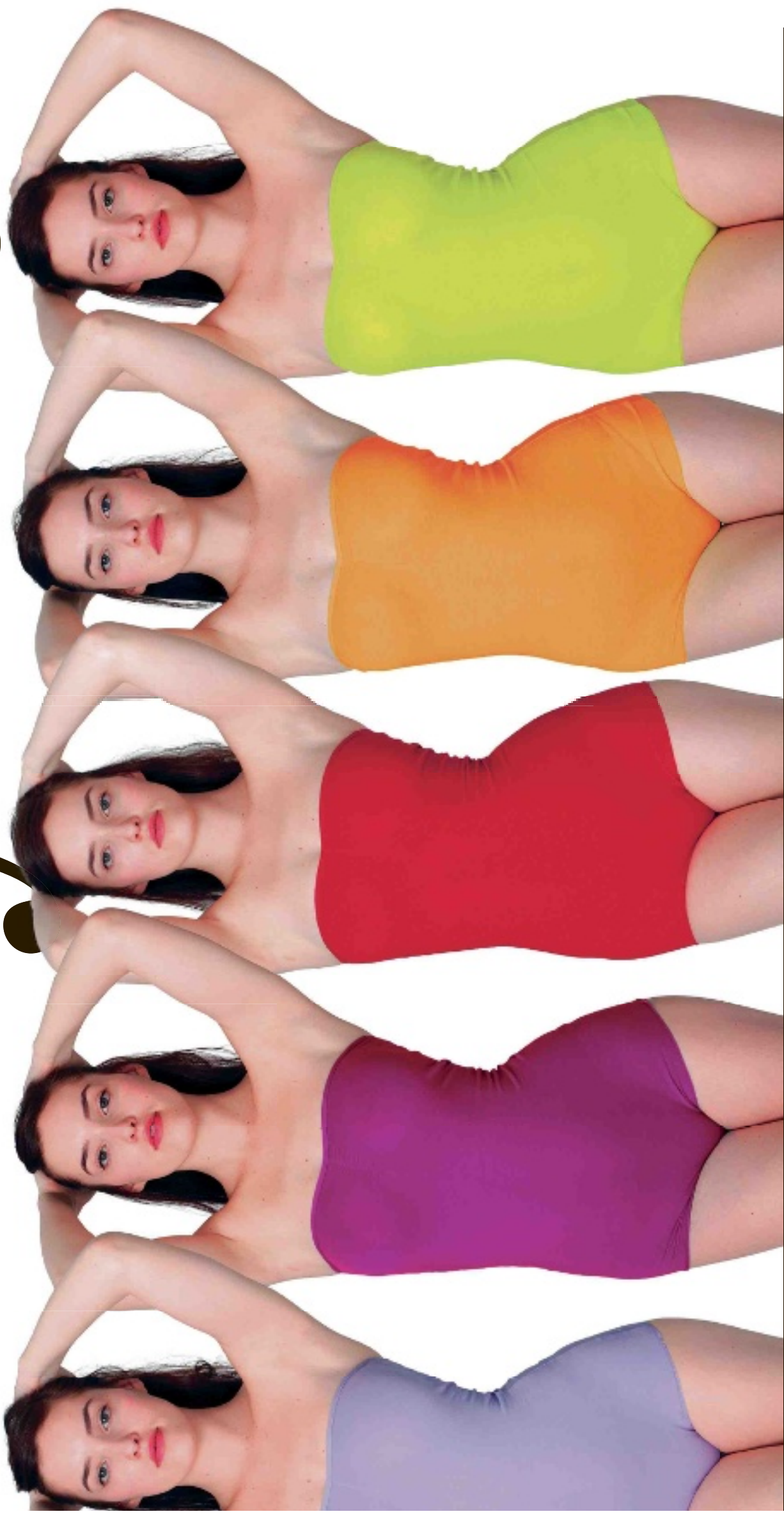
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